



Harvest orchard herbs like thyme, oregano, or bee balm spring-fall to add a unique flavor to your kraut! Using scissors, cut above the point where two new leaves emerge on the stem. To make 1 QT of kraut, use 1 TB of stripped and chopped herbs.



Select 1.25 lbs of green or red cabbage to make 1 QT of kraut. Slice thinly and place into a large mixing bowl. Add 1.5 TB of sea salt over the cabbage and squeeze until the cabbage is soft and has expressed some of its juices. Allow to sit for 10 minutes before packing into jars with clean or gloved hands.



Pack sauerkraut tightly into clean, sterilized mason jars with rubber-sealed or screw top lids. All cabbage should remain under the lid. Use an outer leaf from the cabbage to create a barrier to keep the fermenting cabbage below the brine. Allow to ferment to 7-14. Check until it's at your desired done-ness. It should be tender and sour. When complete, store in the refrigerator or place in a boiling water bath for 15-20 minutes to seal jars.

**Sauerkraut** (meaning sour + cabbage in German) originated in China where it was first made from cabbage and rice wine vinegar. Today it may be one of the most well-known lacto-fermented vegetables. Sea salt in combination with sliced cabbage extracts the natural lactic acid in the vegetable juices through the process of **osmosis** and the **lactic bacteria** that thrives - souring the slaw - creates a natural preservative. Try this simple adaptable recipe for preserving the harvests of your garden or orchards!